



A Program of CalOptima Health, A Public Agency

## CalOptima's **Bright Steps** Maternity Program

Give your baby the best start by joining **Bright Steps** as soon as you find out you are pregnant.

**Bright Steps** is a no-cost program that provides eligible CalOptima members:

- Support during and after your pregnancy
- Nutrition and healthy habits advice for you and your family
- Community referrals that support a healthy pregnancy and baby
- Information on how to obtain a breast pump

Eligible members may receive a no-cost \$50 gift card if a postpartum checkup is done within 1–12 weeks after the baby is born. Call us today to find out how!

**TO LEARN MORE, CALL**

**1-714-587-8088 (TTY 711)**

We have staff who speak your language, Monday through Friday, from 8 a.m. to 5:30 p.m. Please visit us at [www.caloptima.org/brightsteps](http://www.caloptima.org/brightsteps).

*The people in the photographs that appear in this document are models and used for illustrative purposes only.*

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